## SECTION IX.

## TAPAS;
OR
## AUSTERITY.

SHRI BHAGAVAN said:

1. Worship given to the Gods, to the twice-born, to •Gurus and to the wise, purity, straightforwardness, continence and harmlessness are called the austerity of the, body —(xvii. 14.)

2. Speech causing no annoyance, truthful, pleasant and beneficial, the practice of the study of Shastras, are called the austerity of speech.—(xvii. 15.)

3. Mental happiness, equilibrium, silence, self-control, purity of nature—this is called the austerity of the mind.— {xvii. 16.)

4. This threefold austerity, performed by men with the utmost faith, without desire for fruit, harmonized, is said to be Sattvic.—(xvii. 17.)

5. The austerity which is practised with the object of .gaining respect, honour and reverence and for ostentation, is said to be Rajasic, unstable and fleeting.—(xvii. 18.)

6. The austerity done under a deluded understanding, with self-torture, or with the.object of destroying another, that is declared Tamasic. — (xvii. 19.)

7. The men who perform severe austerities, unenjoined by the Shastras, wedded to vanity and egoism, impelled by the force of their desires and passions,—(xvii. 5.)

8. Unintelligent, tormenting the aggregated elements forming the body, and Me also, seated in the inner body, know these Asuric in their resolves.— (xvii. 6.)